



Jo Ann Taylor photo

Barefoot brother, neatnick sister

Jordan Glover (above) thinks it's important to straighten up after her brother, Zachary, when he decides to take off his shoes and run around at Navy Personnel Command's recent picnic following their "Olympics" on the base's north side. Jordan is the daughter of Lt. Cmdr. Mark Glover, Engineering Duty Officer junior detailee at PERS-44.

For more photos of NPC's Olympics and the after-picnic, see pages 4 and 5.

Sewer line replacement may interrupt traffic flow

Public Works and ROICC Field Office Memphis will soon begin sewer line replacement projects in two areas. The first will replace sewer lines near McDonald's and will last through June 22nd.

The sidewalk between McDonald's and the First South Credit Union leading to the Navy Exchange will be secured until the construction is complete, which will last approximately seven days. The area will be barricaded off to protect personnel from the construction site.

The second area includes replacement of sewer lines west of the Helmsman Complex and extends northward to Bldg. S-454, NSA Mid-South Bachelor Quarters. This project should begin no ear-

lier than the 27th of June and will last roughly four weeks. Approximately 30 feet of the parking lot west of the Helmsman Complex will be affected by the project and will be barricaded off to keep pedestrians clear and provide necessary room for construction.

Temporary road and parking lot closures will occur between June 27 and July 29 and will be identified by signs, flags and flashing markers.

Please be patient. Any road closure should be temporary. For safety reasons, all personnel are reminded to remain well clear of all construction zones without prior permission of the ROICC resident engineer or the project engineer-technician.

Host command to change leadership June 24



Straughan



Dunn

In a change-of-command ceremony to be held on June 24, Capt. Matt Straughan will assume the duties as NSA Mid-South commanding officer from Capt. Helen F. Dunn. The ceremony will take place June 24 at 10 a.m. in the NSA Mid-South Gymnasium on the north side of the base.

The guest speaker for the ceremony will be the commander of Navy Region Southeast, Rear Adm. Annette E. Brown. The event is open to the public, and everyone is invited to attend.

E-mail scam attempts to draw in credit union customers

Recently Navy Federal Credit Union (NFCU) clients have become victims of unsolicited email scams known as "phishing." The unsolicited e-mails (see sample below) request individuals to visit the NFCU website or Web page to confirm any combination of account numbers, card numbers, personal details, personal identification numbers, and other personal information. **This email is fraudulent and should not be answered.** These types of e-mails are not legitimate. In-

dividuals should never reply or follow the instructions in any way. The Web sites or pages associated with these e-mails are not NFCU sites; they are spoofed pages.

REMEMBER, many of these types of "phishing" scams exist. Your financial institution will never request that customers verify confidential information such as card numbers through e-mail.

For more information, contact the staff judge advocate, Lt. Cmdr. Kristen Coyne, at 874-5446.



NAVY FEDERAL CREDIT UNION ACCOUNT UPDATE

We recently reviewed your account, and we suspect an unauthorized ATM - based transactions on your account access. Our banking service will help you to avoid frequently fraud transactions and to keep your savings and investments confidential.

To ensure that your account is not compromised please login to NAVY Account Access by clicking this link, verify and update your profile and your current account access will be 128-bit encrypted and guard by our security system.

- Log-in on: <https://myaccounts.navyfcu.org/cgi-bin/fsewww>
- Enter your Account Access details
- Verify and update with NAVY FEDERAL

Thank you for using F.C.U Account Access Security

Important information from NAVY FEDERAL CREDIT UNION

This e-mail contains information directly related to your account with us, other services to which you have subscribed, and/or any application you may have submitted. NAVY and its service providers are committed to protecting your privacy and ask you not to send sensitive account information through e-mail. You can view our privacy policy and contact information at www.navyfcu.org. If you are not a NAVY customer and you believe you received this message in error, please delete this e-mail.

Newsbriefs

NEX flyer online

You asked for it! The Navy Exchange sales flyer is now accessible on line via the corporate Web site at www.navy-nex.com.

Chapel Center Vacation Bible School

The Chapel Center will hold its annual Vacation Bible School June 20-24 from 6 - 9 p.m. at the center. Join in on the *Solar Express* and learn how to be "empowered by the Son" to have a right heart attitude, be happy for others, witness, pray and obey. Aged 5-12 children of active duty, retired, and Defense Department employees are welcome to attend. Pre-registration and medical power-of-attorney forms are required, and both are available at the Chapel Center. Teenage helpers are needed as volunteers and are welcome, but must also be registered. For more information, call the Chapel Center at 874-5341.

Navy-Marine Corps Relief Society

Doctor and dental bills breaking your budget? The Navy-Marine Corps Relief Society (NMCRS) may help pay those bills for medically-necessary treatment at civilian clinics, doctors' offices and hospitals. If you are on active duty and are eligible, and enrolled in the Family Member Dental Plan, the society can assist with the cost of dental work. The society can also help your family defray the cost of essential medical care beyond the scope of military hospitals, or outside TRICARE and/or MEDICARE coverage. Inquire at your local NMCRS office today: call 874-7350.

The NMCRS is a valuable resource to Sailors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. Appointments are encouraged. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.

John Finn Lounge

The John Finn Lounge, located in the Helmsman Complex, will be closed Friday, June 17 at 2 p.m. for the remainder of the day. The Eagle's Peak Grille and Bar, located at the Glen Eagle Golf Course, will be open.

Health Clinic and Pharmacy closing

The Naval Branch Health Clinic and Navy Exchange Pharmacy will close at 11:30 a.m. on Wednesday, June 22, 2005 for their change of charge ceremony.

Career handbook provides tools for planning future

By JO1 Teresa J. Frith
Navy Personnel Command
Communications

Sailors and their families have a new tool to assist them in making career decisions – the 2005 edition of the Career Handbook.

The 27-page booklet puts information on Navy benefits and core career-enhancing programs at Sailors' fingertips in an easy-to-use format that is available both as an insert to the May issue of All Hands, and online on the Navy Personnel Command (NPC) Web site at www.npc.navy.mil/AboutUs/NPC/PublicAffairs/.

The Career Handbook is an adaptation of what used to be the Retention Handbook. The handbook is broken down into seven areas: why the Navy is the employer of choice, enlisted personnel information, selection boards, officer information, education programs, career transition and retirement, and additional resources.

The handbook is a very useful tool for Navy counselors, career counselors, and for chiefs or mentors to use in counseling sessions. The Career Handbook was developed by the NPC Communications Office and the Naval Media Center.



You know Dad deserves a brunch

On Father's Day, Sunday, June 19 from 11 a.m.-2 p.m., come brunch with Dad at the Helmsman Complex. Treat the gentleman to a meal fit for a king: carved top round of beef au jus, peel-'n-eat shrimp, oysters on the half-shell, fried shrimp and clam strips, mashed potatoes and gravy, Italian green beans, steamed broccoli, soup and salad bar, rolls and butter, dessert bar, and coffee or tea. Mouth watering yet? Call 874-5131/5132 for more information or to reserve a spot.

Pool ‘accidents’: not nice to talk about, but worse to swim in ... so let’s talk!

It’s a grossly distasteful subject: someone has just had an “accident” in the pool.

It’s not the kind of accident where someone has gotten hurt, but the kind that sends other patrons sloshing out of the water, groaning and gagging in disgust. Somebody has “lost control” because they were swimming while ill, or a parent neglected to drag their kid from the pool and force him to go to the bathroom before it became an emergency.

Pool defecations, as awful as they might be to think about, are a common problem wherever there are public pools. Even the base all hands pool is not without its share of incidents -- up to four or five mishaps of varying degrees occur per summer season, according to base MWR. Therefore, the problem needs to be frankly addressed, and patrons should always be mindful of their part in stemming possible health threats.

Many parents don’t think of swimming as an act of sharing water with others, and don’t realize that illness can be spread through recreational or pool water. If they smell chlorine, many people believe the pool water is “sterile” and cannot spread illness. Many also believe that germs released from a sick person into chlorinated water are killed immediately.

Chlorine kills germs, it’s true, but it takes time -- and some germs can live for hours or even days in a well-maintained pool, spa or hot tub. The bacterial disease cryptosporidiosis, in particular, can be a real killer. It is a gastrointestinal infection caused by the parasite Cryptosporidium parvum, and can be fatal in people with a weakened immune system. Cryptosporidiosis is highly contagious and is fairly resistant to chlorine. It is easily spread when infected swimmers contaminate the pool water with their feces.

However, most germs in contaminated swimming water just cause diarrhea. The germs are spread when someone with diarrhea contaminates

Hygiene rules for healthy pool water

- Wash yourself and/or your child thoroughly with soap and water before entering the pool.
- Don’t swim when you have diarrhea. Anyone diagnosed with cryptosporidiosis should not enter a pool for 14 days after symptoms go away.
- Remind older toddlers and young children to take time out from play. They may be reluctant to visit the toilet. Help minimize accidents by taking them on frequent restroom trips (approximately every 30 to 60 minutes; toilets are readily available at the All Hands pool house a few feet away from the swimming area). Plan regular diaper changes.
- Check swim diapers often. (Do not assume that swim diapers or plastic pants will keep fecal material out of the water -- at least be sure the diaper fits snugly around the legs and waist.)
- Don’t swallow pool water; don’t allow child to drink pool water.
- Change diapers in a bathroom and not at poolside. Don’t leave soiled diapers near the pool.
- Don’t rinse hands in the pool after changing diapers or going to the toilet. Wash your hands thoroughly in the bathroom with soap and warm water. Don’t rinse diapered children in the pool before, during or after diaper changes.
- Persons who are incontinent should wear close-fitting swimsuits or underwear to better contain a mishap.
- Swimmers should notify pool management of gastrointestinal illnesses that they think may be due to a visit to the pool.
- Notify the lifeguard if you find fecal material in the water, or if you see anyone changing a child’s diaper in the immediate vicinity of the swimming area.

the water either by failing to clean adequately after a bowel movement or by having a bowel movement in the swimming water.

Healthy swimming behaviors in a pool can protect everyone from the spread of illness. With people conducting adequate personal hygiene, pool contamination can be prevented. Pool patrons need to realize that **no one** should swim when ill with diarrhea. Swimmers should never swallow pool water, because swallowing contaminated water is how most pool illnesses are spread. In addition, all diaper-aged and toddler children are at high risk of having fecal accidents in the pool. Therefore, wading pools are usually more likely to be contaminated than big pools.

The use of “swim diapers” may give parents a false sense of security regarding fecal contamination.

According to the U.S. Centers for Disease Control and Prevention, no published scientific information exists on how well these diapers are able to keep feces or infection-causing germs from leaking into the pool.

Disposable diapers can break apart in the water and should not be worn in a public pool. (The base all hands pool requires diaper-aged children to be in swim diapers.) However, it is unlikely that even swim diapers are able to keep diarrheal stools from leaking into the pool. Again, parents must understand the importance of not allowing their children to swim when they have diarrhea.

In addition, swimmers with other infectious or communicable diseases, or conditions such as a cold, flu, skin eruptions, open blisters or inflamed eyes, should be excluded from the pool.



Wayne Smith photo

Base MWR has a written standard operating procedure for its response to pool defecation:

- Secure the pool and remove all patrons from the water.
 - Remove the material with a strainer net, then clean the strainer net with bleach or a comparative disinfectant.
 - Pour liquid disinfectant into the area where the material was located, allowing 10 minutes for the pool chemicals and the added disinfectant to kill all bacteria from the material.
 - Notify the base operating services contractor and Preventive Medicine at the Branch Health Clinic of the incident, and request a bacteria test of a pool water sample.
 - Allow patrons back into the pool upon completion of the disinfectant process (the process should not exceed 30 minutes).
 - If the water sample bacteria test is positive, and if Preventive Medicine deems it necessary, promptly notify all customers (by using the pool sign-in log) who have had possible exposure to the bacteria.
- If the defecation is in the form of diarrhea, the pool must be closed for

a minimum of 36 hours. A process of super-chlorination is pushed through the filtration system, where a concentration of chlorine too high for people to swim in “shocks” the pool water and kills all bacteria. “We need the 36 hours for the chlorine to break down and dissipate before allowing patrons back in the pool,” said Ronnie Miles, NSA Mid-South MWR director.

The MWR pool staff always does its utmost to ensure the pool is a safe, clean environment for customers. “We test every day for bacteria and proper chlorination levels,” said Miles. “Our lifeguards and contractors are very attentive to the condition of the water.” However, Miles said everyone realizes that children are especially unpredictable, and that accidents will inevitably happen.

“We depend on parents to use common sense in deciding whether it is okay to let their children into the pool,” he said. “Patrons need to realize what a tremendous effort it takes on our part to get the pool back in shape when it becomes contaminated. We’re asking that people simply refrain from using the pool when they are sick with something that others can catch.”

Surveys on MWR, FFSC go to Sailors

By JO1 Teresa Frith
Navy Personnel Command
Communications

Two important Navywide quality of life surveys are now reaching the hands of selected Sailors that will allow them to give their opinions on MWR and Fleet and Family Support Center programs.

Navy Personnel, Research, Studies and Technology on board NSA Mid-South developed the surveys in consultation with the Quality of Life Policy and Oversight Division within the Fleet Support Department of the Navy Personnel Command and Commander, Navy Installations. The survey results will be used to gauge satisfaction with these two programs.

The MWR survey covers programs and services such as child and youth development, fitness centers, golf, bingo, bowling, swimming, outdoor recreation, internet access, and movies, while the FFSC survey covers programs and services that include personal financial management, relocation assistance, transition assistance, spouse employment, deployment support and family advocacy. Questions are about frequency of use, satisfaction, and the perceived importance of these and other programs.

Notification was mailed to approximately 35,000 randomly-selected enlisted Sailors and officers evenly divided between the two surveys. Participation is voluntary; however, responses are highly encouraged.

Unsupervised swimmers age 13 to 17 must take swim test at all hands swimming pool

Any military dependent child (including family members of active Reservists and military retirees) or any child of a Department of Defense employee, age 13 to 17, may use the all hands swimming pool without being accompanied by a parent or other adult provided the child has demonstrated the ability to safely swim in all areas of the swimming pool and has written permission (with accurate emergency contact information) from his or her parent or legal guardian.

MWR asks that all children wishing to use the pool unsupervised

come by the pool during the recreational swim with a parent or legal guardian. They will be asked to fill out the emergency contact information form and take a quick swim test. The test is as follows:

- Swim 25 meters
- Tread water for one minute
- Jump off the diving board and return to the side without assistance.

Once a child has successfully completed the swim test and his or her parent has signed the paperwork, the child may use the swim-

ming pool unsupervised for the rest of the summer. Next summer, repeating the swim test will not be necessary but the emergency contact information must be updated and the parent or guardian must sign the form again.

Any child who is unable to complete the swim test will not be allowed to remain at the swimming pool without an adult present to supervise and be responsible for that child.

Don’t forget that proper identification is required each time a person visits the swimming pool.



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NEX Memphis

June 2005

Calendar of Events

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
Men's Dress 25% Off Shirts, Ties, Socks, & Underwear	1.99 Wrapped Spring Flowers thru June 19	8.99 18 pk. Tilted Recycled Golf Balls	Father's Day Sale Starts	15% Off Motion Clocks By Rhythm USA	FATHER'S DAY BINGO 5-8PM	PEPSI 4/\$9 12 Pks.
19	20	21	22	23	24	25
HAPPY FATHER'S DAY	\$35 Manicure & Pedicure Reg. \$40	1.29 Right Guard & Soft N' Dry Deodorant After 51 coupon Reg. 2.29	NEX with Furniture & Mattress Sale Begins	Victoria Secret Garden Product Semi-Annual Sale 3 for \$15	Coca-Cola *Register to Win! Trip for 2 to NASCAR Reunion Race in Atlanta 4/\$9 12 Pks.	Buy 1, Get 1 1/2 Off Entire Stock (regal or lower value) Playtex, Bali, & Maidenform Foundations
26	27	28	29	30	Citgo June Specials	
All BeautyRest & Posturepedic on Sale \$75 Off Twin Set \$100 Off Full Set \$125 Off Queen Set \$150 Off King Set	29.99 AS SEEN ON TV! Sound Vacuum Wet/Dry Cleaner	\$9.99 Your Choice 4 ply 5/8" x 75' Hose or Nozzle Set	NEX Sale Starts	All Swim Beach Toys 20% Off	Sale Price	Item Reg. Price You Save
PACKAGE STORE EVERY FRIDAY IN JUNE 12-3PM BEVERAGE TASTING		Coming in July *4th of July Sale *Back to School			.99¢	Gatorade 32 oz. Drinks 1.49 50¢
					.99¢	Lay's Stax Chips 1.59 60¢
					2/\$4	Chips Ahoy Cookies 3.39 ea. \$2.78
					2/\$4	Cinnamon Toast & Lucky Charms 4.39 & 3.99 \$4.38



Jeff Burrell (left, PERS 6) and Keith Blake (PERS 3) are neck-and-neck at the finish of the 440-yard sprint.



Just like in the real Olympics, gold, silver and bronze medals awaited the first, second and third-place finishers.



Nigel Neal (PERS 673) heaves hard in the shot-put competition.



Members of a four-man team pass the baton during the grueling Monster Relay, being careful not to drop it and lose valuable time.

NPC ‘Olympians’ face off in the summer heat

By JO2 Amie Hunt

Whether it was running, swimming, jumping, bowling or other athletic competitions, Navy Personnel Command (NPC) was into it full-force during this year's NPC Olympics. This year's competition included 37 events, involving 510 participants that gave their all to support their team.

At the end of the week, PERS-48 took home first-place honors, with PERS-45 taking second place and PERS-402 and PERS-6 tying in for third. "The goal each year is to build teamwork, morale and physical readiness, and to have fun," said Patrick Hills, Olympic co-chairperson. "There were more family members that enjoyed the final day at the command picnic. This year's events were a great success overall, and everyone had a great time. There were no losers because everyone gave 110 percent."

Hills said the sixth annual NPC Olympics more than met the command's expectations. "My sincere appreciation goes to all MWR, company sponsors, committee members, volunteers and the PERS codes who participated in this year's Olympics," he said.

For photos of the command picnic after the games, see p. 5.



Stephanie Watkins competes in the standing broad jump.



Judges Mike Engle (right) and Gene Hobbs (PERS 402) measure the distance covered by each contestant in the standing broad jump.



Swimming free-style, Stephanie Watters, PERS-408, shows good form in the first day of events.



HM2 Charles Bayorek holds his son, C.J., in front of the large sign he painted so that the PERS-44 picnic area could be readily seen -- as if the bright purple and gold shirts they were wearing couldn't identify where they were.

Olympic-sized appetites follow NPC games

Photos by Jo Ann Taylor

Chip off the old block: little Jim Selkirk, better known as "Killer," had a wonderful time keeping everyone in stitches with his antics. Jim is the son of Cmdr. Jim Selkirk (background), division director of PERS-44.



Capt. Gerald Seely, senior chaplain detailer in PERS-44, helps himself to an array of barbecued meats prepared by the PERS-44 chef, YNC Allen Moore.

Promotions and awards

Frockings

Navy Personnel Command (NPC) and Admiral John Stewart take pride in congratulating NPC's newly advanced petty officers.

ET1 Gregory Smith, PERS-6
HM1 Thor Westby, PERS-4

NPC

QM2 Jorge Cossio, PERS-4
CTA2 Kristin Kuhn, PERS-408
YN2 Derrick Neese, PERS-403
HM2 David Vass, PERS-67
YN1 Christopher Cady, PERS-00M
IT1 Robert Curtis, PERS-74
AD1 Kristel Robinson, PERS-404DG3

Branch Health Clinic

DT3 Christin Cashwell
DT3 Ronnie Lackey
DT3 Brandon Ortega
HM2 Laknesha Cooperwood
HM2 Roxanne Rau
HM1 Sonya Hendrix
HM1 Eric Kersey



A view of ditch 241, which runs behind Navy College, before it is filled with rocks.



A dump truck from the Army Corps of Engineers fills 'er up.

Project aims to 'ditch' the mosquitoes

Story and photos
by Warren Roseborough

The Army Corp of Engineers is busy on a base-wide project financed by the Navy to fill all of the base's drainage ditches with rocks in an attempt to eliminate most of the stagnated water. Willie Vandergrift, superintendent for the Army Corp of Engineers and the person in charge of the project, said, "The water in the ditches is a haven for mosquitoes that could possibly cause the West Nile virus." The other reason for the project is to protect the banks of the ditches from washing away. The drainage ditches flow from east to west, eventually reaching Big Creek. The Corps has been on this project for the last two weeks and will probably take another two weeks or more to complete it.



The rock-lined and filled ditches will reduce the possibility of West Nile virus being spread by mosquitoes hatching on stagnant water.